

New on the Web:

The Job Corps Health and Wellness website has a new look.

Still located at <http://jchealth.jobcorps.gov/>, the new website offers all of the features that you are used to, plus a live search feature and easy to navigate links. Many health topics are now included on the site. These topics contain links to current related news and web resources, as well as best practices and documents if applicable.

Questions? Suggestions? E-mail the webmaster.



Remind students (and staff) to choose a variety of fruits and vegetables—blue/purple, green, white, yellow/orange, and red. For more information on nutrients and color, visit: <http://www.5aday.org>

Be a Quitter!

The National Cancer Institute (NCI) sponsors a smoking “quitline”. Find information specific to your state by calling 1-800-QUIT-NOW (1-800-784-8669). Additional information is available at www.smokefree.gov/talk.html

Health News Update

Cost-Saving Tricks of the Trade

- Cheryl A. Walker, MSN, MSBA, FNP-C

The continual rising cost of health care is a major concern and challenge to Job Corps centers, making cost containment a top priority. As a result of this challenge, Region 4 dedicated two Health and Wellness Manager (HWM) monthly calls to assist them in brainstorming cost saving strategies. This article summarizes the suggestions generated during these calls.

The H&W staff must be proactive and assertive in seeking alternative methods of assistance. Diane Ortega, HWM at the Albuquerque JCC, and Ron Korth, Health Administrator at the Clearfield JCC, presented the following cost-saving strategies:

Establish partnerships with local, state and regional programs.

- Participate in the state health Vaccine for Children (VFC) Program, which provides free immunizations for 0-18 year olds. General information for the VFC Program can be accessed at http://www.cdc.gov/nip/vfc/provider/provider_home.htm

- Explore your state's tuberculosis (TB) program. This program may include testing, radiographic services, medications, and follow-up case management. Visit <http://www.cdc.gov/nchstp/tb/pubs/tboffices.htm> for a listing of state TB control offices.

Continue reading online for many more cost-saving strategies:

<http://jchealth.jobcorps.gov/health-topics/general-health/general-health-articles/cost-cutting-strategies>



2006 Mumps Outbreak

The state of Iowa has experienced a significant numbers of confirmed cases of mumps in recent months. Several neighboring states have experienced smaller scale outbreaks.

If a student comes to the health and wellness center complaining of a fever, headache, muscle aches, tiredness, loss of appetite and swelling of the salivary

glands (especially the parotid which is located near the jaw line, below the ears), further testing may be necessary to rule out mumps.

Now is a great time to take a few minutes to refresh your knowledge on the signs, symptoms, prevention strategies, control measures, and reporting of mumps. The Centers for Disease Control and Prevention (CDC) offers

several resources that are available at: <http://www.cdc.gov/nip/diseases/mumps/default.htm>.

Download and view a National Immunization Coalition Technical Assistance Network teleconference on the 2006 mumps outbreak at: <http://www.izcoalitionsta.org/>.